

# MIAMI SPRINGS SENIOR CENTER-MAY 2019

## SERVICES and ACTIVITIES

Residents of Miami Springs, age 60 + are eligible to participate in a variety of services and activities offered at the City's Senior Center.

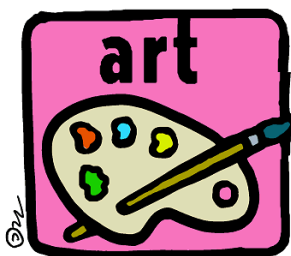
- **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.-12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with peers.
- **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Michelle Larea, the program's consulting Registered Dietician or the Elderly Services Manager.
- **TRANSPORTATION:** Daily pick-ups, utilizing the center's mini-bus, are provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to local grocery store and assistance is given with shopping. Field trips are also planned each month.
- **HEALTH SUPPORT ACTIVITIES:** All students must be registered with the Senior Center to participate in the following:
- **CHAIR YOGA CLASSES**  
(Instructor: Natasha Salmon-Cogno)  
Mondays and Wednesdays  
9:00-10:00 a.m.
- **WEIGHTS & AEROBIC DANCE CLASSES**  
(Instructor: Natasha Salmon-Cogno)  
Mondays and Wednesdays  
10:30 -11:00 a.m.
- **LEG STRETCHING & STRENGTHENING**  
(Instructor: Natasha Salmon-Cogno)  
Fridays.....9:00-10:00 a.m.  
**BALANCE & CORE WORKOUT**  
Fridays.....10:00-11:00 a.m.  
**Classes above will be held at the Senior Center until May 24th. On May 29th classes will begin being held at the Rebecca Sosa Theatre, 2nd floor, Recreation Center at 1401 Westward Dr.**
- **FLOOR YOGA CLASSES – I & II**  
(Instructor: Natasha Salmon-Cogno)  
Tuesdays and Thursdays  
9:00 -11:00 a.m.  
**Held at the Curtiss Mansion**
- **TAI CHI FOR SENIORS**  
(Instructor: Judd Zisquit)  
Tuesdays and Thursdays  
12:30pm-1:30 pm  
**Tai Chi will be held at the Aquatic Center Until May 23<sup>rd</sup>. Classes will begin at the Optimist Club, located at 1101 Wren Ave., on Tuesday, May 28<sup>th</sup>.**

## Upcoming Programs @ The Senior Center

**Mt. Sinai Medical Center will present a talk: "Aortic Aneurysm: What happens when an artery balloons."** with Dr. Michael Ayad, endovascular and vascular surgeon, **on Wednesday, May 8th from 12:15-1:15pm.** Dr. Ayad earned his medical degree at University of Texas School of Medicine. He completed his residency in general surgery at Mount Sinai Medical Center. He has widely published peer-reviewed research on arterial and venous disease as well as authored multiple book chapters on arterial disease, vascular trauma and venous pathology. Dr. Ayad is the current associate chief of the division of Vascular Surgery and the co-director of the Vascular Lab at Mount Sinai Medical Center.

**Avanti Home Health Services will present a talk on Diabetes on Wednesday, May 15th from 12:15-1:15pm.** Avanti Home Health Services Inc. was recognized and certified in 2005 by Centers for Medicare & Medicaid Services (CMS) as one of the modern home-health care agencies which are scientifically measured and assessed to have high-quality home-health care services for promoting health and improving the quality of life. Home Health Services being offered by Avanti Home Health Services Inc. includes nursing, physical therapy, occupational therapy, speech pathology and home health aides.

**"Crime Watch" Program** - Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **May 14th at 12:15 p.m. at the Senior Center.** The Officers will inform attendees about current crimes being committed in the City, solicit observations and questions from the participants, and provide tips on how to avoid becoming a victim.



### ART CLASSES

**Every Friday** with Morgan Lorenzo from **12:15-2:15pm @ the Senior Center** until May 17th  
No class on May 24<sup>th</sup>.

On May 31 classes will begin being held at the Aquatic Center Multi-purpose room next to the pool at 1401 Westward Dr.

For more information on any of the services, activities, or special programs offered, or to volunteer your time or talents please contact us @ (305) 805-5160.



Franklin de M. ....	1
Nilma M. ....	3
Petra P. ....	5
Victorino G ....	11
Dulce M.....	14
Ryan M. ....	14
Candy H. ....	18
Rita A. ....	22
Charles T. ....	22
Angela G. ....	31



### Happy Anniversary

Jesus & Alegeisa .....	5
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**May Birthday/Anniversary Celebration Held on May 16<sup>th</sup> @ The Senior Center from 11:30am-12:30pm**

**Sponsored by Humana**

### BINGO

**Monday, 5/6**  
**Monday, 5/13**  
**Monday, 5/20**



### FIELD TRIPS

*Trips are limited to 18 participants.  
Sign up at the front desk!*

**SHOPPING at SABOR**  
Thursday, 5/2 1pm - 4:30 pm

**SHOPPING at WALMART**  
Thursday, 5/9 1pm - 4:30 pm

**SHOPPING at FRESCO Y MAS**  
Thursday, 5/16 1pm - 4:30 pm

**SHOPPING at DOLLAR TREE**  
Friday, 5/23 1pm-4:30pm
